

I Love Me

COPPER KNOB
STEPPERS

拍數: 64 牆數: 4 級數: Improver / Intermediate
編舞者: Liz Gardiner (AUS) - May 2016
音樂: I Love Me - Meghan Trainor & LunchMoney Lewis : (Album: Thank You - Deluxe
- 2:48)



Start after 24 counts on vocals, weight on left. - Direction: CCW

S1:, R SIDE, TOGETHER, R SIDE, TOUCH, L SIDE, TOGETHER, L SIDE, TOUCH

1,2,3,4 Step R to R side, Step L beside R, (wgt L), Step R to R side, Tap L beside R
5,6,7,8 Step L to L side, Step R beside L (wgt R), Step L to L side, Touch R beside L (12:00)

S2:, 1/4 L SIDE, TOUCH, SIDE, TOUCH, 1/4 L SIDE, TOUCH, SIDE TOUCH

1,2,3,4 1/4 L Step R to R side, Touch L beside R, Step L to L side, Touch R beside L (9:00)
5,6,7,8 1/4 L Step R to R side, Touch L beside R, Step L to L side, Touch R beside L (6:00)

S3:, STEP, LOCK, STEP, HOLD, STEP, LOCK, STEP, HOLD

1,2,3,4 Step R forward, Lock L behind R, Step R forward, Hold
5,6,7,8 Step L forward, 1/2 Pivot R, Step L forward (Chase Step), Hold (12:00)

S4:, STEP, LOCK, STEP, HOLD, STEP, LOCK, STEP, HOLD

1,2,3,4 Step R forward, Lock L behind R, Step R forward, Hold (6:00)
5,6,7,8 Step L forward, 1/2 Pivot R, Step L forward (Chase Step), Hold (6:00)

S5:, TWIST, TWIST, TWIST, CLAP, TWIST, TWIST, TWIST, CLAP

1,2,3,4 Swivel both heels R, swivel both toes R, swivel both heels R, Clap
5,6,7,8 Swivel both heels L, swivel both toes L, swivel both heels L, Clap (6:00)

S6:, JAZZ BOX 1/4R JAZZ BOX

1,2,3,4 Cross R over R, Step L back, Step R to R side, Step L beside R (take wgt L)
5,6,7,8 Cross R over R, 1/4 R Step L back, Step R to R side, Step L beside R (take wgt L)(9:00)

S7:, V STEP, V STEP

1, 2 Step R fwd onto R diagonal (45°), Step L fwd onto L diagonal (45°)
3, 4 Step R back to centre, Step L beside R
5, 6 Step R fwd onto R diagonal (45°), Step L fwd onto L diagonal (45°)
7, 8 Step R back to centre, Step L beside R

S8:, OUT, OUT, IN, IN, OUT, OUT, IN, IN, KNEE BEND, HOLD, HEEL BOUNCE, HEEL BOUNCE

&1, &2 Jump step R to R side, Jump step L to L side, Jump step R to centre, Jump Step L to centre
&3, &4 Jump step R to R side, Jump step L to L side, Jump step R to centre, Jump Step L to centre
5,6,7,8 Bend both knees lean fwd on toes, Hold, Heel bounce, Heel Bounce

The dance finishes at the end of S4, Finish the dance with a Swivel to 12.00 to the front. (12.00)

Enjoy!

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Latest Update – 26th May 2016